

WILDERNESS 1ST AID TRAINING & CERTIFICATION and CPR CERTIFICATION

Sponsored by SRVHS Mountain Bike Club

We will have Bobbie Foster of Foster Calm (www.fostercalm.com) coming to teach this class. This is for adults who ride with the club and interested in getting their coaching certificate. This is for our student riders who ride the trails on their own time and interested in being prepared for any event. Students, this will be one more tool to have in developing into a great rider.

Who: For Coaches, Assist. Coaches, Rider Leaders, JV and Varsity Riders

When: January 14th and 15th (Saturday/Sunday) 8am-5pm Attendance Both Days Required

Where: San Ramon Valley HS – room location TBD

Cost: \$95 per person

**** Registration and payment due by Dec. 20th. NO REFUNDS FOR CANCELLATIONS**

Class Size: Minimum number of 12 attendees, Maximum number of attendees 24

CPR Option – Please note that based on interest, CPR Certification can be offered Saturday 6-9pm. There is a \$30 fee to be paid at that time. Please check on registration form below if you are interested in being CPR certified.

Please turn in bottom portion by mail with registration fee payment.

Make check payable to: **SRV MT BIKE CLUB TEAM #365**

Mail Registration form and check to: Heidi Vleisides, 549 Navajo Place, Danville CA 94526

REGISTRATION FORM: PAID IN FULL AND DUE BY DEC. 20TH

NAME: _____

ADDRESS/CITY/ZIP: _____

EMAIL: _____

CELL PHONE: _____

COACH RIDER SCHOOL: _____

Yes I am interested in taking the CPR class Saturday night (6pm-9pm) and will pay \$30 fee at that time.

Questions: Please contact Heidi Vleisides, cell 925-708-9763 email: heidilynny@yahoo.com